



The Senior Sentinel

884-4100 885-5381 863-6112 587-8653 654-9003 798-0231



The Office for the Aging will be **closed Monday, September 4th** in observance of Labor Day.



Saratoga County Office for the Aging

***Annual Senior Picnic
Friday, September 8th
Saratoga County Fair Grounds
Rain or Shine***



***BBQ Chicken
Potato Salad
Coleslaw
Baked Beans
Roll
Summer Cake & Refreshments***

Please join us for an afternoon of good food, music and dancing

Lunch will be served at 12 noon

Tickets are available at the Saratoga County Office for the Aging

Call 884-4100 for details

Tickets are \$4.00 each and are non refundable

Saratoga County Public Health and the Office for the Aging Health Screening Schedule for October 2017.

Galway Town Hall
Malta Community Center
Shenendehowa Village
Doubleday Woods

1:00 pm - 3:00 pm
10:00 am - 12:00 am
1:00 pm - 3:00 pm
10:00 am - 12:00 pm

October 19
October 16
October 17
October 26

Social Security has been helping people maintain a higher quality of life and a level of independence for over 80 years. And Medicare has been doing the same for over five decades. Most people first become eligible for Medicare at age 65. For many older Americans, this is their primary health insurance and without it, they might not enjoy an independent lifestyle. Medicare can be a little confusing to newcomers so we've broken it down into segments. The four parts of Medicare are as easy as A, B, C, and D.

- **Part A** (Hospital Insurance) helps cover inpatient hospital care, skilled nursing care, hospice care, and home health care. Most people get Medicare Part A premium-free since it is earned by working and paying Social Security taxes.
- **Part B** (Medical Insurance) helps cover services from doctors and other outpatient health care providers, outpatient care, home health care, durable medical equipment, and some preventative services. Most people pay a monthly premium for Part B. Some high-income individuals pay more than the standard premium. If you don't enroll in Medicare Part B during your initial enrollment period and then decide to do so later, your coverage may be delayed and you may have to pay a higher monthly premium for as long as you have Part B.
- **Part C** (Medicare Advantage) allows you to choose to receive all of your health care services through a provider organization. This plan includes all benefits and services covered under Part A and Part B, usually includes Medicare prescription drug coverage, and may include extra benefits and services at an extra cost. You must have Part A and Part B to enroll in Part C. Monthly premiums vary depending on the state where you live, private insurer, and whether you select a health maintenance organization or a preferred provider organization.
- **Part D** (Medicare prescription drug coverage) helps cover the cost of prescription drugs. Many people pay a premium for Part D. However, people with low income and resources may qualify for *Extra Help* to pay the premium and deductible. If you don't enroll in a Medicare drug plan when you're first eligible, you may pay a late enrollment penalty if you join a plan later. You will have to pay this penalty for as long as you have Medicare prescription drug coverage. To see if you qualify for extra help visit www.socialsecurity.gov/prescriptionhelp.

Will you be age 65 soon? Even if you decide not to retire, you should apply for Medicare. You can apply in less than 10 minutes using our online Medicare application. Visit www.socialsecurity.gov/medicare to learn more about applying for Medicare.

Reprinted from The Social Security Standard July 2017

Announcement from Saratoga County Public Health Department

Vaccines are not just for kids! Immunizations help prevent the spread of communicable diseases. Most vaccines are administered to infants, children and adolescents. Adults need immunizations too. It is recommended that adults have a Tetanus booster (Td) every ten years. At least once in a lifetime, the Tetanus booster should be substituted with a Tetanus, diphtheria and pertussis vaccine (Tdap). This vaccine is especially important if an adult will have close contact with an infant less than one year of age. Also it is recommended for adults to receive a Pneumococcal vaccine (Prevnar and Pneumovax), Zostavax vaccine (Shingles), and an annual Flu vaccine.

Saratoga County Office for the Aging
152 West High Street
Ballston Spa, N. Y. 12020

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*Saratoga County Office for the Aging is funded by Title III of the Older Americans Act,
New York State Office for the Aging, the County of Saratoga and local Municipalities*

From Our Dietitian:

Health Benefits of Prunes

This summer as you are enjoying that juicy plum and the nutrition it has to offer, consider eating more of its dried counterpart, which is a prune, all year long. Below are some of the nutritional attributes of prunes:

Antioxidant Super Food

Prunes, or dried plums, are considered one of the healthiest foods there are in terms of antioxidant capacity. They rank twice the antioxidant capacity of other high ranking foods such as blueberries and they have five times the antioxidant power of fresh plums. Antioxidants are compounds that help protect cells from damage caused by free radicals, which are unstable molecules that result from normal cell metabolism, smoking, pollution and UV irradiation. Research suggests that excess free radicals may contribute to pre-mature aging, cardiovascular disease and certain types of cancer.

Rich Source of Vitamin A

Prunes are also extraordinarily rich in vitamin A. Vitamin A plays an important role in skin health among other health aspects. As an antioxidant, vitamin A clears your system of certain toxins that can cause skin problems such as acne, wrinkles and fine lines. Getting plenty of vitamin A from your diet also helps your skin stay moisturized. Aside from its benefits to the skin, vitamin A is also known for improving vision and boosting your immune system against infections.

Constipation Remedy

You probably already know that these humble fruits are good for the bowels, but exactly how do prunes relieve constipation? This is how: Prunes are a good source of dietary fiber, with 100 grams of prunes containing approximately 6.1 grams of fiber. Dietary fiber is the part of plant foods that the enzymes in your body cannot digest and therefore, not absorbed into the bloodstream. As a result, fiber remains in the colon where it absorbs water and softens the stool, thereby providing health benefits for those suffering from constipation.

In addition, prunes and prune juice contain sorbitol. Sorbitol is a mild colonic stimulant that helps reduce the transit time of stool and consequently the risk of constipation, colorectal cancer and hemorrhoids.

Possible Protection against Osteoporosis and Osteopenia

Clinical studies on prunes have suggested that prunes may be able to reverse osteoporosis in post-menopausal women. Those women that were asked to eat 100 grams of prunes per day (approximately 10 prunes) had improved bone formation markers after only three months, compared to a control group who were eating 75 grams of dried apples. Benefits were also noted with intakes of just 5-6 prunes per day as well. These health benefits of prunes may be linked to their high concentration of antioxidants and the trace element boron which is postulated to play a role in prevention of osteoporosis and osteopenia. A single serving of prunes (100 grams or approximately 10 prunes)) fulfills the daily requirement for boron. Also the potassium found in prunes may help support bone health.

Aids Normal Body Function

Prunes are a good source of potassium an electrolyte that assists in a variety of vital bodily functions. This mineral helps with digestion, heart rhythm, nerve impulses, muscle contractions as well as blood pressure. Studies have shown that eating prunes and drinking prune juice can significantly reduce blood pressure.

A Good Source of Iron

Anemia occurs when the body doesn't have sufficient healthy red blood cells, which iron helps to make. Shortness of breath, irritability, and fatigue are all signs of mild anemia. Prunes are a great source of iron and can help prevent and treat iron deficiency.